The Covid-19 pandemic is advancing telemedicine and remote patient monitoring into high speed. Importantly, many professions that were not reimbursed in Tele-Medicine are now being reimbursed; rehabilitation as an example. Physicians, physical and occupational therapist are used to touching the patients as part of their practice. However today we see different wearables can provide important information such as activity, heart rate, EKG: https://www.mobihealthnews.com/content/north-america/fda-clears-alivecors-six-lead-smartphone-ecg , Remote insulin monitoring: https://www.medtronicdiabetes.com/products/guardian-connect-continuous-glucose-monitoring system?medium=tsa&utm_source=bing_ppc&utm_medium=text&utm_campaign=Guardian%20Connect%202.0&msclkid=945e0a9b741a19ab35ca541cc6205497&gclid=COr0wv2gzegCFcxNfgodaZwHJA&gclsrc=ds

As an example of remote patient monitoring years ago, Motion Therapeutics was involved in a study monitoring older adults at Tiger Village in Missouri with the BalanceWear® Technology and Kinect based gait analysis. The researchers demonstrated that using the Kinect analysis system that they could monitor and see differences in walking and balance when a BalanceWear vest was on the individual and off in two older adults; both with confounding neurological conditions (1).

BalanceWear ® Technology Assessment determines individual specific three-dimensional loses of balance forward, backwards, sideways and a person' asymmetry of rotation. After the directions of loss are identified, the impairment is targeted by strategically correcting the imbalance with light weights in a noninvasive garment called BalanceWear. Essentially a person wears their balance via vest just like someone would wear glasses or hearing aids to improve the related functional loss.(2)

Why is it important to know direction of balance loss or propensity to fall?

As we know 25-30% of people over 65 years and over fall in the US resulting in 50 billion dollars spent by insurers. (3)There are over 300,000 hip fractures per year. A majority of hip fractures are from falls sideways to the right or left and possibly slightly posterior.(4-5) If a person's propensity to fall in a certain direction is identified, treatment can be targeted through various means; strength and balance training, and by wearing a noninvasive vest strategically weighted vest called BalanceWear. If fall risk and reduction of falls are accomplished it reduces the burden of care, expenses and improve quality of life in mature adults.

Research in balance training has shown it take many hours of balance training to improve balance. Research on BalanceWear has shown that in as little as 5-days of wear, there was improvement in mobility disability even without the vest on.(2) At four months older adults, average age 87 years, demonstrated reduction in several fall risk measures by wearing the BalanceWear vest without the participants changing activities of daily living. (6) This video link highlights the research at Country Meadows in Pennsylvania. https://www.countrymeadows.com/videos/country-meadows-helps-reduce-falls-research-study/

Older adults are less apt to go to exercise classes during the Covid 19 crisis. Their motivation may be less to exercise on their own thereby increasing chances of falling due to deconditioning. BalanceWear is an option to help protect individuals.

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